

SMOOTHIE make it a large +1	
add boost +1: whey . espresso . matcha . yogurt . ginger . turmeric . fresh kale . fresh mint	
add shot +1: vanilla . chocolate . white mocha . maple . honey . fresh mint . chai spice	
substitute+1: almond milk . oat milk . maple . honey . stevia . brown sugar	
South Beach 6	Izzy Bella 7
strawberry . banana . oj	fresh lemonade . fresh mint . strawberry . banana
Super Green Machine 7	Golden Goddess 8
fresh kale . carrot . basil . banana . oj . milk	golden turmeric . matcha . basil . kale . banana . cinnamon . lemonade
Mango Matcha Energy 7	Underhill 7
mango . matcha . pineapple . basil . fresh lemonade	blueberry . banana . fresh almond butter . milk
Normando 6	Natural 6
pineapple . strawberry . basil . oj	strawberry . peanut butter . banana . milk
Californication 7	Elvis 6
fresh avocado . fresh kale . fresh mint . banana . oj . milk	espresso . banana . peanut butter . chocolate . milk . cinnamon
Mangolorian 7	White Light / White Heat 7
mango . strawberry . banana . fresh mint . ginger . fresh lemonade	espresso . white mocha . banana . nutmeg . fresh almond butter . milk

TASTY BEVERAGE

MILKSHAKE make it a large +1	
Vanilla Cinnamon 6	Lemon Mint 7
Chocolate 6	Matcha Green Tea 7
Strawberry Cream 6	Cocoa Latte Shake 7

COLD DRINK make it a large +1	
Fresh Daily Lemonade 3	“Traditional” Iced Tea 3
Frozen Lemonade 4	Green Iced Tea 3
Strawberry Lemonade 4	Blueberry Ginger Tea 4
Matcha Lemonade 6	Strawberry Green Tea 4

COFFEE/CAFE (hot or iced) **make it a large +1**

add shot +1: espresso . matcha . golden turmeric . white mocha . chocolate . vanilla . sweet cream . ginger . maple . honey	
substitute+1: almond milk . oat milk . maple . honey . stevia . brown sugar	
Local Roast Hot Coffee 2	Rustic Chai Latte 5
atlanta’s dirty nekkid roasters	our chai spice . espresso . milk
Cold Brew Coffee 4	Golden Turmeric Latte 5
slow steeped . low acid . extra smooth	golden turmeric . espresso . milk . honey
Sweet Cream Cold Brew 5	Cinnamon Vanilla Latte 4
cold brew coffee . our sweet cream	vanilla . cinnamon . espresso . milk
Latte 4	Mocha Latte 4
espresso . milk	mocha . cinnamon . espresso . milk
Cappuccino 4	Matcha Latte 5
espresso . frothed milk	matcha green tea . milk . honey
Americano 4	Ginger Maple Latte 5
double shot espresso . over water	ginger . maple . espresso . milk
Cafe au Lait 4	Spiced Cocoa Latte 5
americano . frothed milk	mocha . chai spice . brown sugar . milk . espresso
Sean’s Cuban 4	Hot Cocoa 5
espresso . nutmeg . brown sugar . milk	mocha . milk . cinnamon . whipped cream

HOT TEA make it a large +1	
PG Tips 3	Green Tea Blend 5
english black tea . (milk & sugar recommended)	city harvest blend . light fruit foward
Earl Grey Blend 4	Magic Turmeric Green Tea 3
earl grey blend . bergamot . lavender	turmeric . ginger . lemon . maple . green tea
London Calling 5	Ruby Sipper (herbal) 4
earl grey . our sweet cream	apple . hibiscus . rose hip . tangerine

HOT DOG (all day) **make it a bowl +2**

BUILD YOUR DOG (on toasted challah bun)	
pick your dog: polish frank (beef) +5 . andouille (pork) +5 . beyond sausage (plant base) +6	
free topping: sweet relish . sean’s sauce . dijon remoulade . sriracha . mayo . parm herb cream	
fancy topping +1: cheese sauce . beef chili . slaw . cheddar . feta . parmesan . grilled onion . roasted red bell pepper . pickled jalapeno . tomato	
extra fancy topping +3: guacamole . avocado . pulled pork butt . hickory bacon . buffalo shrimp . mexican street corn	

LET US BUILD YOUR DOG (sub beyond dog +1)	
Heart of the Park Dog 7	
(pick your dog) . grilled onion . diced tomato . pickled remoulade . on toasted challah bun	
Candler Garden Dog 7	
(pick your dog) . slaw . diced tomato . sean’s sauce . on toasted challah bun	
Guaca Elotes Dog 8	
(pick your dog) . guacamole . mexican street corn . diced tomato . on toasted challah bun	
I’m Nacho Dog 8	
(pick your dog) . beef chili . cheese sauce . pickled jalapeno . tomato . on toasted challah bun	
Hickory Dickory Dog 8	
(pick your dog) . hickory bacon . grilled onion . cheese sauce . on toasted challah bun	

BREAKFAST (all day) make it a bowl +2	choice for +1: side, soup, or chips
Solstice Omelette Wrap (v) 9	guacamole . blackbean & corn salsa . fresh tomato . fresh basil . lemon tossed kale . parmesan herb cream . scrambled eggs . tortilla wrap
Farmer’s Breakfast Panini (v) 10	guacamole . cucumber . fresh tomato . roasted bell pepper . grilled onion . lemon tossed kale . cheddar . parmesan herb cream . fried eggs . on cuban bun
Piggy Apple Cheddar Egg Panini 9	hickory bacon . apple butter . fried egg . cheddar . pressed in butter toasted bread
House Potato Breakfast Bowl 9	(choice of: patty sausage, fresh avocado, hickory bacon, crispy grilled pull pork, or veggie sausage) . fried egg . cheddar . tomato . grilled onion . over garlic roasted house potato
Original Breakfast Amber Biscuit 9	(choice of: patty sausage, fresh avocado, hickory bacon, crispy grilled pull pork, or veggie sausage) . fried egg . cheddar . tomato . apple butter . grilled onion . on butter toasted Amber Biscuit
Blueberry Breakfast Biscuit 10	patty sausage . fried egg . cheddar . blueberry compote . on butter toasted blueberry biscuit
Pulled Pork & Elotes Omelette Breakfast 9	crispy grilled pulled pork butt . mexican street corn . tomato . feta . fried egg . in tortilla wrap
English Muffin Breakfast 9	hickory bacon . apple butter . fried egg . cheddar . parm herb cream . on artisan english muffin
Bacon Cheddar Quiche 10	hickory bacon . spinach . chives . egg . cheddar . parmesan . cream . baked in our savory pie crust
Carnival French Toast (v) 6	flat top grilled vanilla french toast . (topped w/ blueberry, shaved almond, berry compote)

BAKERY/DESSERT

Amber Biscuit 2	Cinnamon Sugar Scone 5
our famous southern cat-head biscuit	cinnamon sugar swirled scone . spiced icing
Loaded Breakfast Muffin 6	Ooey Goey Blondie 5
bacon . egg . cheddar . spinach . in savory muffin	gooey buttery flaky blonde bar
Pork Picadilla Empanada 8	Cupcake Cookie 4
pulled pork butt . traditional stuffed empananda	cream cheese cookie . vanilla icing . caramel
Blueberry Orange Amber Biscuit 3	Coffee Cake 4
sweet blueberry Amber Biscuit . orange glaze	buttery crumbly messy coffee cake
Nana’s Chocolate Chip Cookie 3	Carrot Cake Bar 5
nana’s recipe	soft sweet carrot cake . cream cheese icing

LUNCH (all day) **make it a bowl +2**

choice for +1: side, soup, or chips

Holy Guacamole Chicken Salad Sandwich 9	sean’s chicken salad . guacamole . tomato . romaine . on toasted wheat
Salmon Mousse Country Club Sandwich 12	roasted salmon & dill caper mousse . avocado . fried egg . tomato . cucumber . lemon tossed kale . feta . on toasted wheat
Beltline Burrito (v) 9	black bean & corn salsa . quinoa . black rice . guacamole . toasted almond . shaved carrot . parmesan . lemon tossed kale . in tortilla wrap
Sunshine Burrito (v) 9	mexican street corn . fresh avocado . feta . toasted almond . shaved carrot . lemon tossed kale . fresh tomato . quinoa . black rice . in tortilla wrap
Buffalo Shrimp Po Boy 10	our buffalo shrimp salad . tomato . shaved romaine . on toasted philly bun
Crispy Pork Cheesesteak 9	crispy grilled pulled pork butt . grilled onion . roasted red bell pepper . cheese sauce . dijon remoulade . pickled jalapeno . on toasted philly bun
Pulled Pork & Elotes Burrito 9	crispy grilled pulled pork butt . mexican street corn . tomato . feta . romaine . in tortilla wrap

PROTEIN

sean’s chicken salad +3 . dill salmon mousse +5 . hickory bacon +3 . grilled patty sausage +3 . crispy grilled pulled pork butt +4 . buffalo shrimp salad +5 . andouille sausage +4 . fried eggs +3 . fresh avocado +3 . veggie sausage +4

SALAD (all day) **make it a wrap +2**

choice for +1: side, soup, or chips

Saint Germain Salad (v) 8	guacamole . black bean & corn salad . shaved carrot . quinoa . black rice . shaved almond . parmesan . over romaine
Sunshine Salad (v) 8	mexican street corn . avocado . feta . toasted almond . shaved carrot . tomato . over lemon tossed kale
Dill Salmon Mousse Cobb Salad 14	pan roasted salamon & dill caper mousse . fresh avocado . fried egg . tomato . grilled onion . cucumber . shaved carrot . cheddar . over romaine

KIDS MENU (all ages / all day)

Attack of the Killer Grilled Cheese (v) 8	sharp cheddar . parmesan herb cream . pressed in butter toasted bread
Joy Vision PB&J (v) 8	fresh blueberry compote . split banana . maple . peanut butter . pressed in cuban bun
Avocado Toast Deluxe (v) 8	fresh avocado . guacamole . fresh tomato . cucumber . on toast

SIDE	
Amber Biscuit 2	Chick Pea Salad 4
Garlic Roasted House Potatoes 4	Blueberry & Toasted Almond Parfait 4
Burnt Garlic & Cheddar Grits 4	Fresh Fruit 4

SOUP add an Amber Biscuit +1	
Tomato Basil Bisque 4	McLendon Beef Chili 4